

I got this recipe is from the “Healthy Cookbook” from Jen and Jesse Dale, owners of the Anytime Fitness in Beech Grove and Avalon Crossing in Indianapolis as well as Scientific Exercise Training www.sett2win.com .

Healthy Chili

254 calories 7 g Fat 13 CHO 4 g Fiber 34 g Protein per serving

Makes 8 servings

2lbs lean ground beef (or 2 lbs venison Jeannie’s “secret ingredient”)

32 oz kidney beans

16 oz chili beans

2 pks chili seasoning (McCormick’s seasoning packets with 30% less sodium is recommended)

1 medium onion diced

16 oz diced tomatoes with jalapenos

12 oz tomato sauce

Brown ground beef with onion and drain. Combine all ingredients in a large pot. Stir frequently and simmer for 30 minutes.